



## FAIRFAX COUNTY PARK AUTHORITY

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*For Immediate Release*

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### Information on Fall Vegetables Served at Garden Class

As concerns about food sources increase, many people are turning to local farmers markets for food they can trust. If you're not part of this trend yet, the harvest season is the perfect time to learn the benefits of buying locally grown food and supporting local farms.

Come to Green Spring Gardens in Alexandria, VA on Wednesday, September 12, 2007 from 3:30 to 4:30 p.m. to learn about fall vegetables from local growers. They'll introduce you to the multitude of fresh vegetables available today, share tips and techniques for growing your own edible gardens, and show you how to select the best produce. Afterward, enjoy a sampling of culinary treats and taste the superior flavor of locally grown food.

The cost to attend *In the Edible Garden, At the Market, In the Kitchen* is \$12 per person. The Fairfax County Park Authority's Green Spring Gardens manages farmers markets at 11 locations around the county. For class reservations, please call 703-642-5173. To find a farmers market in your area visit <http://www.fairfaxcounty.gov/parks/farm-mkt.htm>. For more information and directions to Green Spring Gardens visit us online at <http://www.fairfaxcounty.gov/parks/gsgp>.

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